

**ABSTRACT**

This invention pertains to a shopping and reference list. The shopping and reference list comprises of pad of pre-printed sheets of papers substantially aligned at the top and bound together with glue similar to that found in Post It™ or similar pads used in everyday life.

- 5 The pre-printed sheet consists of an insignia, generally in a tabular format such that items in each category box or cell is generally organized in a manner corresponding to an isle/area of a grocery store. The pad can be mounted on a refrigerator and updated in real time. The list is removed from the pad when going for grocery shopping and wrapped around the user's wrist or the handle of the grocery cart allowing both hands to be free for
- 10 shopping. The organization of the list allows the purchase of all the items from a particular isle without having to go back and forth.